

# Capital District Diabetes Education and Support Services Guide



The *Capital District Diabetes Education and Support Services Guide* is produced in partnership by the American Diabetes Association and the Healthy Capital District Initiative Diabetes Community Health Improvement Task Force.

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This guide is reviewed bi-annually to ensure the most up-to-date information is included and electronic copies are available at [www.diabetes.org/albany](http://www.diabetes.org/albany). Should you notice an error or omission, please call us at (518) 218-1755.



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# Diabetes Management and Prevention

Type 2 Diabetes can be managed and prevented so you can enjoy the best of health. If your doctor tells you that you have pre-diabetes, your best strategy to reduce your risk and delay the onset of diabetes is to attend a prevention program. You can go to a group program or see a dietitian or diabetes educator – your doctor will help you determine the best option.



*The American Diabetes Association recognizes these education services as meeting the National Standards for Diabetes Self-Management Education*

**Albany Medical Center Community Division  
The Endocrine Group, LLP  
The Center for Diabetes Education**  
1365 Washington Ave.  
Albany, NY 12206  
(518) 489-4704

**CapitalCare Medical Group, LLC  
Nutrition and Diabetes Center**  
501 New Karner Rd., Suite 1A  
Albany, NY 12205  
(518) 452-1337, Option 1  
[www.capcare.com](http://www.capcare.com)

**Ellis Diabetes Care  
Ellis Health Center**  
600 McClellan St.  
Schenectady, NY 12304  
(518) 347-5421

**St. Peter's Health Partners  
The Diabetes Center at  
Albany Memorial Hospital**  
600 Northern Blvd.  
Albany, NY 12204  
(518) 447-3500

**Albany County Department for the Aging**  
162 Washington Ave. 6th Floor  
Albany, NY 12210  
(518) 447-7183  
*Residents of Albany County age 60+*

**Albany Medical Center  
Goodman Diabetes Service**  
25 Hackett Blvd.  
Albany, NY 12208  
(518) 262-5185  
*Must be enrolled for health care at the AMC Department of Endocrinology.*

**Albany Medical Center  
Pediatric Endocrinology**  
43 New Scotland Ave.  
Albany, NY 12208  
(518) 262-5723  
*Must be enrolled for health care at AMC Pediatric Endocrinology*

**St. Peter's Health Partners  
Seton Health Diabetes Center**  
147 Hoosick St.  
Troy, NY 12180  
(518) 268-5584  
**Accredited by American Association of Diabetes Educators**

**Stratton VA Medical Center  
Diabetes Self-Management Education  
Program Nutrition and Food Services**  
113 Holland Ave.  
Albany, NY 12208  
(518) 626-6889  
*Must be eligible and enrolled for health care at the Stratton VAMC, see website for details  
[www.albany.va.gov/patients/eligibility.asp](http://www.albany.va.gov/patients/eligibility.asp)*

**Whitney M. Young, Jr. Health Services  
Albany Health Center**  
920 Lark Dr.  
Albany, NY 12207  
(518) 833-6900

# Diabetes Prevention Programs

The National Diabetes Prevention Program teaches participants strategies for incorporating physical activity into daily life and eating healthy. Lifestyle coaches work with participants to identify emotions and situations that can sabotage their success, and the group process encourages participants to share strategies for dealing with challenging situations.

## Capital District YMCA

Offered at multiple locations in the  
Capital Region  
(518) 869-3500 ext. 1240

## St. Peter's Health Partners

**The Diabetes Center at Albany Memorial Hospital**  
600 Northern Blvd.  
Albany, NY 12204  
(518) 447-3500

## Center for Excellence in Aging and Community Wellness

Find a Prevention Program near you  
518-442-5585  
LivingHealthyNY@Albany.edu

**Tour de Cure**  American  
Diabetes  
Association.



**TAKE THE  
RIDE  
OF YOUR LIFE**

Tour de Cure is thousands of people across the U.S. riding to stop diabetes. Supported by contributions from thousands more, Tour de Cure participants ride for the 26 million people living with diabetes, and the 79 million more Americans currently at risk. Join them for the ride of your life.



Are you looking for a **fun  
new way to get active?**

**Try cycling!**

Join others with diabetes  
at monthly meet-ups and  
train for a ride.

Call (518) 218-1755  
for more information.

Special  
Thanks to  
our National  
Sponsors



**Find your local tour and REGISTER TO RIDE at [diabetes.org/tour](http://diabetes.org/tour) or 1-888-DIABETES.**

# Diabetes Support Groups

Support groups for diabetes offer a diverse range of benefits for both you and your loved ones. Whether it is exchanging information about diabetes, attending events, or just being available to talk and listen, support groups are a great way to meet people and understand a condition that affects so many.

## **St. Peter's Health Partners Albany Memorial Hospital**

600 Northern Blvd.

Albany, NY 12204

(518) 447-3500

*Diabetes support group for adults*

## **St. Peter's Health Partners Seton Health Diabetes Center**

147 Hoosick St.

Troy, NY 12180

(518) 268-5584

*Diabetes support group for adults*

## **Capital Care Medical Group, LLC Ellis Health Center**

600 McClellan St.

Schenectady, NY 12304

(518) 452-1337 option 1

*Diabetes support group for adults*

## **Sugar Free Gang Ellis Health Center**

600 McClellan St.

Schenectady, NY 12304

(518) 347-5421

*Diabetes support group for children*

## **Diabetes Sisters**

### **Bellevue Women's Center**

2210 Troy-Schenectady Rd.

Niskayuna, NY 12309

(518) 252-7279

[www.DiabetesSisters.org](http://www.DiabetesSisters.org)

*Diabetes support group for women*



# Medication Assistance Programs

## Price Chopper Diabetes AdvantEdge Program

Free Diabetes Medications and Supplies. Receiving free medications and supplies is easy. Just provide your completed program sign up form to your Price Chopper pharmacist to join the Diabetes AdvantEdge program.

Receive these medications FREE\*:

Metformin  
Metformin ER  
Glimepiride  
Glipizide  
Glipizide XL  
Glyburide  
Glyburide Micro

Receive FREE\*\* diabetes supplies:

GE100 Blood Glucose Meter  
Price Chopper Ultra Thin Lancets  
Auto Lancing Devices  
Insulin Syringes  
Pen Needles

As a Diabetes AdvantEdge member, your medications will automatically be refilled and available at your Price Chopper pharmacy for pick-up.



\*All strengths are included, up to 100 pills. New, transferred and authorized refills are included as ordered by a prescriber.

\*\*Free supplies may require a prescription from a physician.

See pharmacist for complete details on quantity and available supplies.

## CVS ExtraCare Advantage for Diabetes

[www.cvs.com](http://www.cvs.com) or at your local CVS pharmacy

## New York State Elderly Pharmaceutical Insurance Coverage (EPIC) Program

EPIC provides secondary coverage for Medicare Part D and EPIC-covered drugs purchased after any Medicare Part D deductible is met. EPIC also covers approved Part D-excluded drugs once a member is enrolled in Part D.

For more information call 1-800-332-6742

E-mail: [epic@health.state.ny.us](mailto:epic@health.state.ny.us)

## Hannaford Healthy Saver Plus

1-866-315-6421

## NY Prescription Saver Card

[NYPrescriptionSaver.fhsc.com](http://NYPrescriptionSaver.fhsc.com)

Must be a resident of New York State and not already receiving Medicaid AND have an annual income under \$35,000 if single or \$50,000 if married.

# Medication Assistance Programs

**Lilly Cares Program:** A physician's office must call (800) 545-6962 for an application. Once approved, a voucher is issued for a four-month supply of insulin at a local pharmacy.

**NeedyMeds.com-** Prescription drugs available through patient assistance programs, pharmaceutical companies who offer assistance, discount card comparisons, patient assistance program applications and links to Medicaid sites.

**Novo Nordisk's Cornerstones4Care™ Patient Assistance Program (PAP):** Provides free medicine to those who qualify. Call 1-866-310-7549 to access program or for more information.

**PPARx.org-** Partnership for Prescription Assistance service is free and offers information about pharmaceutical company programs for more than 2,500 brand name and generic medications.

For more information call (888) 477-2669.

**PrescriptionHope.com-** This program serves those who earn up to \$30,000/year as a single person or up to \$50,000/year as a couple. For more information, call (877) 296-4673.

## **Rite Aid Wellness+ for Diabetes**

For more information visit [www.riteaid.com/diabetes](http://www.riteaid.com/diabetes) or Call 1-800-RITEAID.

**RxAssist.org-** Resources to help locate patient assistance programs. For more information, call (877) 844-8442.

**Sanofi-Aventis Pharmaceuticals:** Lantus is available for those who meet specific income requirements. An application is available by calling (800) 221-4025.

## **ShopRite Free Diabetes Medication Program**

Call your local pharmacy for more details.

Albany – (518) 292-1245

Colonie – (518) 250-5072

Slingerlands – (518) 729-4108

Niskayuna – (518) 491-0050

## **St. Peter's Health Partners**

Prescription Assistance Program

Rensselaer County:

1444 Massachusetts Ave.

Troy, NY 12180

(518) 268-6442

Albany County:

(518) 229-7017

Provides reduced or free prescriptions for Albany and Rensselaer County patients.

## **Walgreen's Prescription Savings Club**

Varied discounts on diabetes medications and supplies. Visit a local Walgreens Pharmacy or go to [www.walgreens.com/rxsavingsclub](http://www.walgreens.com/rxsavingsclub) to sign up. Call your local Walgreens Pharmacy for more information.



# Questions to Ask at the Pharmacy

Take this list of questions to your local pharmacy and speak to the pharmacist. They can help you access discount programs and resources to help you better manage your diabetes.



1. Are these medications and supplies available?
2. Are they covered by my insurance?
3. Can I sign up for automatic refills?
4. Will you call me when they are ready?
5. Is there a dietitian or nutrition information available?
6. Is medication delivery available?
7. When and how should I take this medicine?

## MEDICATION AND EQUIPMENT COMPARISON CHART

Pharmacy Name >>>>>			
Medication/Dose	Cost	Cost	Cost
Blood Glucose Meter			
Test Strips/# per box			
Lancing Device			
Lancets			
Glucose Tablets			
Ketone Strips/Stix			
Glucagon			
<b>Total Cost</b>			

# Sharps Collection Sites

## Albany County

### Albany Medical Center Hospital

43 New Scotland Ave.

Albany, NY 12208

(518) 262-8700

[www.amc.edu/index.cfm](http://www.amc.edu/index.cfm)

### St. Peter's Health Partners

#### St. Peter's Hospital

315 South Manning Blvd.

Albany, NY 12208

(518) 525-1163

[www.sphcs.org](http://www.sphcs.org)

### St. Peter's Health Partners

#### Albany Memorial Hospital

600 Northern Blvd.

Albany, NY 12204

(518) 471-3221

[www.nehealth.com/Medical\\_Care](http://www.nehealth.com/Medical_Care)

## Rensselaer County

### St. Peter's Health Partners

#### Samaritan Hospital

2215 Burdett Ave.

Troy, NY 12180

(518) 271-3300

[www.nehealth.com/Medical\\_Care](http://www.nehealth.com/Medical_Care)

### St. Peter's Health Partners

#### Seton Health Diabetes Center

147 Hoosick St.

Troy, NY 12180

(518) 268-5586

[www.setonhealth.org/st\\_marys](http://www.setonhealth.org/st_marys)

### St. Peter's Health Partners

#### Seton Health/St. Mary's Hospital

1300 Massachusetts Ave.

Troy, NY 12180

(518) 268-5000

## Schenectady County

### Ellis Health Center

600 McClellan St.

Schenectady, NY 12304

(518) 243-4199

[www.ellismedicine.org](http://www.ellismedicine.org)

### Ellis Hospital - Bellevue Women's Center

2210 Troy-Schenectady Rd. (Route 7)

Niskayuna, NY 12309

(518) 346-1448

[www.ellismedicine.org](http://www.ellismedicine.org)

### Ellis Hospital

1101 Nott St.

Schenectady, NY 12308

(518) 243-3228

[www.ellismedicine.org](http://www.ellismedicine.org)

### St. Peter's Health Partners

#### Sunnyview Hospital and Rehabilitation Ctr.

1270 Belmont Ave.

Schenectady, NY 12308

(518) 382-4554

[www.nehealth.com](http://www.nehealth.com)

\*\*Please be sure to call ahead to determine times and specific locations for drop-off.

# The Importance of Physical Activity

Regular physical activity is important for everyone, but it is especially important for people with diabetes and those at risk for diabetes. Exercise, or physical activity, can include anything that gets you moving throughout the day.

## AT WORK

- Take the stairs instead of the elevator at the office and in the parking garage
- Get up once an hour while you are at work and take a quick walk around your office
- Stand up and stretch at your desk
- If you go out for lunch, walk to the restaurant
- If you take public transportation to work, get off a stop earlier and walk the rest of the way to your office
- Use a speaker or mobile phone so you can pace around your office during calls

## AT HOME

- Take the dog for a walk around the block
- Yard work such as mowing the lawn or raking leaves
- Housework such as vacuuming, dusting, or washing dishes
- Play with the kids – play catch or throw the Frisbee around
- Walk in place during the commercials of your favorite television show
- Carry things upstairs or from the car in two trips instead of one
- Walk around the house or up and down stairs while you talk on the phone
- While you are watching TV, move your arms and legs to improve circulation, build muscle, and keep yourself loose



# Nutrition and Physical Activity Resources

Studies show a healthy diet and exercise for people with diabetes can greatly contribute to your overall health, especially those with Type 2 diabetes. You might be surprised at how just a small amount of daily exercise can boost your health, confidence, energy level, and so much more! These great resources can assist you in making choices to promote a healthier lifestyle:

## **Albany County Department of Health**

Educational programs on nutrition and exercise  
175 Green St.  
Albany, NY 12202  
(518) 447-4648  
[www.AlbanyCounty.com](http://www.AlbanyCounty.com)

## **Capital District Community Gardens Veggie Mobile and Veggie Mobile Sprout**

Buy fresh produce at low cost. Basic nutrition information and recipes provided. Call (518) 274-8685 or visit [www.cdcg.org](http://www.cdcg.org)

## **Capital District YMCA**

The YMCA offers group exercise programs, personal training, and healthy living programs. The YMCA also offers scholarships for those who cannot afford fees. [www.CDYMCA.org](http://www.CDYMCA.org)

## **Center for Excellence in Aging & Community Wellness**

FREE self-management workshops for adults 18+ in the Capital Region living with Diabetes or any ongoing health condition: 518-442-5585

## **Cornell Cooperative Extension**

Contact to arrange group nutrition classes.  
Albany County - (518) 765-3500  
Schenectady County - (518) 372-1622  
Rensselaer County - (518) 272-4210

## **Hannaford Dietitians**

Dietitians available for tours, shopping assistance, cooking demos, and general nutrition questions.

Albany – (518) 438-7296  
Colonie – (518) 482-1085  
Delmar – (518) 439-7657  
Glenville – (518) 384-0156  
Latham – (518) 782-1750  
Niskayuna – (518) 395-9497

## **Rensselaer County Department of Health**

Educational programs on nutrition and exercise  
Ned Pattison Government Center  
1600 7th Ave.  
Troy, New York 12180  
(518) 270-2651

## **Shop Rite**

Registered Dietitian Program, on site instruction and help with shopping.

Shop Rite Dietitian Contacts:

Albany – (518) 708-3445  
Colonie – (518) 598-4970  
Niskayuna – (518) 491-0050  
Slingerlands – (518) 708-7815

## **Silver Sneakers Fitness Program**

Senior Fitness Programs and Activities  
[www.silversneakers.com](http://www.silversneakers.com) or 888-423-4632 to find the closest participating location or for more information. *\*Free depending on your health insurance plan*

## **Team Red's Red Riders– Tour de Cure**

Any cycling ability level can attend our monthly meet-ups, bike rides, and other activities. Call (518) 218-1755 ext. 3632

## **Trinity Alliance Family & Neighborhood Center**

Fitness Program - open to anyone over the age of 21 free of charge. No-cost wellness program for senior citizens.

15 Trinity Place  
Albany, NY 12202  
(518) 449-5155

# Resources

## American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)

If you have a phone and a chronic disease, chances are there's an app for what ails you. Not sure what to download? Consider these popular apps:

### BLOOD GLUCOSE

Diabetes Pal

For: iPad, iPhone, iPod Touch

Glucose Buddy

For: Android devices, iPad, iPhone, iPod Touch

### CAREGIVERS

Blue Loop

For: Android devices, iPad, iPhone, iPod Touch

Glucagon

For: iPad, iPhone, iPod Touch

### FITNESS

Charity Miles

For: Android devices, iPad, iPhone, iPod Touch

Map My Walk

For: Android devices, iPad, iPhone, iPod Touch

### KIDS

Carb Counting With Lenny

For: Android devices, iPad, iPhone, iPod Touch

### NUTRITION

GoMeals

For: Android devices, iPad, iPhone, iPod Touch

### MEDICATIONS

MedSimple

For: Android devices, iPad, iPhone, iPod Touch

### WEIGHT LOSS

Calorie Counter

For: Android devices, BlackBerry, iPad, iPhone, iPod Touch

### WELL-BEING

Sleep Time

For: Android devices, iPad, iPhone, iPod Touch



### Fruit and Dairy:



- Fresh, frozen or canned in juice or light syrup
- Peach, pineapple, banana, apple, pear, mango, grapes, berries, melon, papaya, apricot, orange, grapefruit

### Non-Starchy Vegetables:



- Fresh, frozen or canned
- Spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnips

### Grains + Starchy Vegetables:



- Whole grain breads, such as whole wheat or rye
- Whole grain, high-fiber cereal
- Cooked cereal such as oatmeal, grits, hominy, or cream of wheat
- Rice, pasta, barley, tortillas
- Cooked beans and peas, such as pinto beans or black-eyed peas
- Potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- Low-fat crackers and snack chips, pretzels, and fat-free popcorn

### Protein:

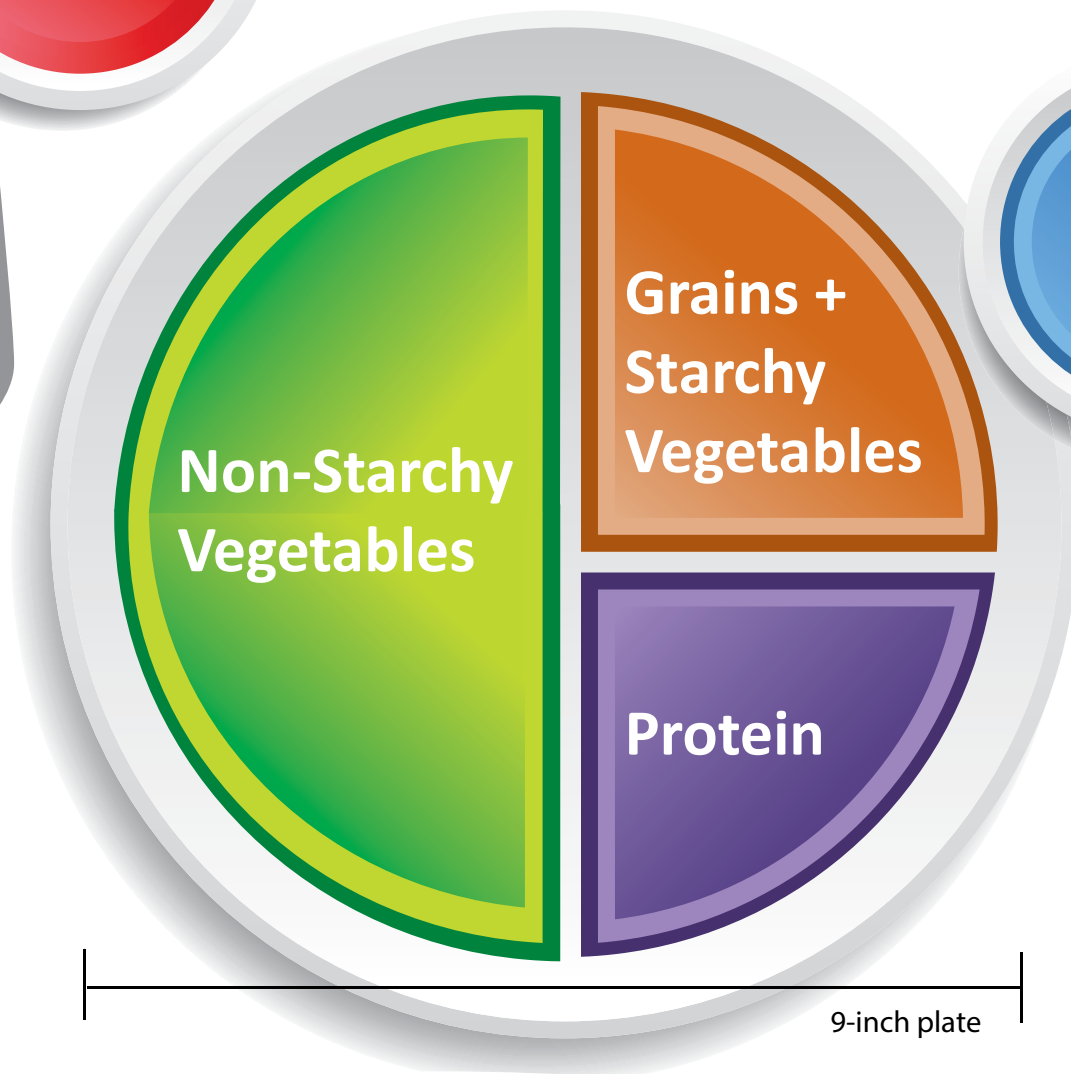


- Chicken or turkey (without the skin)
- Fish, such as tuna, salmon, cod, or catfish
- Other seafood, such as shrimp, clams, oysters, crab, or mussels
- Lean cuts of beef and pork, such as sirloin or pork loin
- Tofu, eggs, low-fat cheese

# CREATE YOUR PLATE

## *How Deep?*

For the plate method, your food can be piled about the thickness of a deck of cards or the palm of your hand.



**EVERY 17 SECONDS** someone in the US is diagnosed with diabetes.



**AFRICAN AMERICANS ARE ALMOST 2X MORE LIKELY TO HAVE DIABETES THAN NON-HISPANIC WHITES.**

**1 OUT OF 12** ASIAN AMERICANS, NATIVE HAWAIIANS AND PACIFIC ISLANDERS HAS DIABETES.



**EL ÍNDICE DE LA DIABETES EN LOS LATINOS ES CASI EL DOBLE DE LOS BLANCOS NO LATINOS.**

Entre los latinos en los EE.UU.

**7.6%** Cubanos  
**13.3%** Mexicanos  
**13.8%** Puertorriqueños

**NEARLY 1 OUT OF 6** AMERICAN INDIANS/ALASKA NATIVES HAS DIABETES.



## COMMON MYTHS



It's possible to have "a touch of sugar"



People with diabetes need to follow a special diet.



You have to lose a lot of weight for your diabetes to improve.



## THE FACTS



No. A "touch of sugar" means you have diabetes. Either you have it or you don't.



People with diabetes benefit from the same healthy food that is good for anyone else.



Losing 10 to 15 lbs can improve your blood glucose, blood pressure and cholesterol.

People diagnosed with diabetes, aged 20 years or older.

**LEARN MORE ABOUT LIVING WITH TYPE 2 DIABETES AT [DIABETES.ORG/TYPE2PROGRAM](https://diabetes.org/type2program)**  
**1-800-DIABETES (342-2383)**

